

COVID-19 EXPOSED

UP-TO-DATE ON YOUR VACCINE & BOOSTER

Guidance for the General Public

You are up-to-date if you have been boosted or you have completed the primary series (both doses) of the Moderna or Pfizer vaccine within the last 5 months or you have completed the primary series (single dose) of the J&J vaccine within the last 2 months.

WATCH YOURSELF FOR SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

PROTECT OTHERS

WEAR A MASK AROUND OTHERS FOR 10 DAYS

Especially if you live with someone who is not vaccinated OR is at high risk of severe disease.

If you start to have COVID-19 symptoms...

Get a test and stay home.

*see "Isolation Guidance"

Isolation guidance and more resources at:
www.netracing.org

WHAT TO DO: MONITOR, MASK & TEST

Day 0

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10



If you have been within 6 feet of someone with COVID-19 for a total of 15 minutes or more on any day that they may have been infectious, you should **monitor** and **mask** for at least 10 days, and **test** if possible.

Day zero '0' is the day you were exposed.

Get tested, if possible, on or after day 5.

If your test is positive: Start isolation guidance* (**Stay home** for at least 5 days, wear a **mask** and tell your close contacts to monitor, mask and test).

If your test is negative: Resume normal activities and continue to wear a mask around others until day 10.

Last day of masking around others.